

CAMPBELL COUNTY SENIOR CENTER &WELLNESS CENTER

Senior Center
(859) 572-4300

3504 Alexandria Pike
Highland Heights, KY 41076

Wellness Center
(859) 547-3665

JANUARY 2010

Mon	Tue	Wed	Thu	Fri
<u>Every Monday</u> 9:30 Fitness Friends 9:30 Pinochle 1:00 Bingo	<u>Every Tuesday</u> 9:30 Line Dance 9:30 Poker 12:00 Bridge 12:30 Euchre 1:00 Wii Bowl	<u>Every Wednesday</u> 9:00 Poker 9:30 Fitness Friends 10:30 Health Rhythms 11:30 Wii Bowling 12:30 Pinochle 12:30 Knit/Crochet	<u>Every Thursday</u> 9:30 S. Rummy 9:30 Line Dance 12:00 Bridge 12:30 Pinochle 12:30 Nickels 1:00 Bingo	<u>Every Friday</u> 9:30 Fitness Friends 10:30 Young at Heart Band 11:00 Wii Bowl 12:00 Bridge 1:00 Bingo
				1 CENTER CLOSED
4 12:00 BP and Med Checks	5 9:30 Painting Class	6 1:30 Chair Volleyball	7	8
11	12 10:00 Popcorn and a Movie 12:00 Yoga <u>Begins</u> 2:00 Tai Chi <u>Begins</u>	13 10:00 Hearing Impaired Telephone Presentation 1:30 Chair Volleyball	14 10:00 Diabetes Support Group 11:00 Wii Fit Party	15
18 CENTER CLOSED Martin Luther King Day	19 9:30 Painting Class 12:00 Yoga 2:00 Tai Chi 2:00 Senior Advocacy	20 11:00 Pacesetters Luncheon 1:30 Chair Volleyball	21 11:00 BP Checks	<u>22</u>
25 Inter-Center Wii Bowling League Begins	26 12:00 Yoga 2:00 Tai Chi	27 12:00 Bluegrass Seniors Club Meeting 1:30 Chair Volleyball	28 11:00 Improve Your Balance 12:00 Cheese Coney Day 	29

SENIOR CENTER:

Jan. 12-Tue. 10:00am-Popcorn and a Movie: Today’s Feature is “My Sister’s Keeper.” Sign Up Today!!

January 13-Wed. 10:00am-CapTel Presentation: Jeff Carroll will talk about captioned telephones for the hard of hearing. Sign Up!!

Jan. 14-Thur. 10:00am-Diabetes Support Group. Today’s Topic for discussion is “Maintaining Independent Living .” Mike Ricke will give the Presentation.

Jan. 28-Thur. 12:00 noon-Cheese Coney Day. How about a Cheese Coney along with some chips for a Donation of \$1.00. The Center is repeating Cheese Coney Day because it was a huge success last year. Sign Up Today!!

WELLNESS NOTES:

Jan. 12– Tues. 12:00pm– Yoga for the Young at Heart. Increase strength and flexibility, relieve tension, and bring relaxation and balance into your life. Suggested donation for 6 week session is \$18.

Jan. 12– Tues. 2:00pm– Tai Chi. Improve balance, reduce the pain of arthritis and help control high blood pressure with this gentle form of exercise. Suggestion donation for 6 week session is \$18.

Jan. 20th– Wed. 11:00am– Pacesetters Luncheon. All eligible Pacesetters are invited to attend. See Sarah.

Jan 25th– Monday- Inter-Center Wii Bowling League Begins– Join Team Campbell County Wii Bowling, we compete with other centers for the Golden Bowling Pin Trophy. Be sure to sign-up!

Jan 28th– Thurs. 11:00am– Well-Balanced. “Prevent Falls, Improve Balance, Strengthen Bones.” Join Kate Vaught from the Campbell County Extension Office to learn more about how you can prevent a fall, including exercise tips and home safety techniques. Sign up today!

Healthy Mondays– Get a fresh start every Monday! Stop by the counter just outside the Wellness Center to pick up weekly health and wellness handouts, including recipes, exercise tips, nutrition tips and more.

Jan. 1 and 18 the Senior and Wellness Center will be closed.